The Spiritual Life of the Therapist

This topic – not often discussed – is absolutely essential to our work and our lives. We are creatures capable of bearing an image. We are malleable – shaped by what we saturate in. We are shaped by our own histories. We are altered by the histories of those with whom we work. Our clients are shaped by our presence in their lives. Our lives need to be lived and continually changed by a growing understanding of the Cross which leads to worship, by living in the truth, ongoing study of God and of people, the discipline of prayer, and finally ongoing obedience to God as He teaches me, exposes me, and challenges me. We cannot bring life to others unless the light of life of Jesus Christ continually flows through our own lives.

**Diane Langberg** is globally recognized for her 47 years of clinical work with trauma victims. She has trained caregivers on six continents in responding to trauma and to the abuse of power. She also directs her own counseling practice in Jenkintown, PA, Diane Langberg, Ph.D. & Associates, which includes seventeen therapists with multiple specialties. Dr. Langberg’s newest book is *Redeeming Power: Understanding Authority and Abuse in the Church*. Other books include *Counseling Survivors of Sexual Abuse*, *On the Threshold of Hope* (with accompanying workbook), *In Our Lives First: Meditations for Counselors*, and *Suffering the Heart of God: How Trauma Destroys and Christ Restores*. Dr. Langberg is the recipient of the Distinguished Alumna Achievements from Taylor University., the American Association of Christian Counselors Caregiver Award, The Distinguished President’s award, and the Philadelphia Council of Clergy’s Christian Service Award. She is married and has two sons and four grandchildren.

1. The Spiritual Life of the Therapist is Essential to the Work
   1. What does it mean to be an image bearer
      1. The impact of our experiences and histories on us
      2. The impact of our patients’ histories on us
      3. The therapist impacts the lives of the patient just as the patient impacts the life of the therapist
2. How Jesus Bore the Image of Suffering While Reflecting the Image of God
   1. As Christians, to live with Christ makes one like Christ
   2. As therapists who work to restore and make new, we must incarnate who God is
3. The Treasures God Gives to Create His Life in You
   1. To go by way of the cross (is)
      1. The truth of what God thinks
      2. Demonstrates a love far beyond our comprehension
      3. Symbol of God’s POV
   2. Disciplines God uses to create life in us
      1. Worship, truth, study (scripture and people), prayer (to be taught how to be more like Him and intercession, and obedience